

*from the editors of*

**ADDITUDE**

**2016**

# The ADHD Guide to Mobile Apps & Digital Tools

**100+ recommended tools to improve  
productivity, organization, memory,  
sleep, creativity, and school skills.**



# ADDITUDE SPECIAL REPORT

A trusted source of advice and information for families touched by attention-deficit disorder—  
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

**adhdreports.com**

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# The ADHD Guide to Mobile Apps & Digital Tools

**100+ recommended tools to improve productivity, organization, memory, sleep, creativity, and school skills.**

## CONTENTS

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<b>Introduction</b> .....	5
<b>Chapter 1: Time Management and Productivity</b> .....	6
<b>Chapter 2: Information Management</b> .....	16
<b>Chapter 3: Focus and Attention</b> .....	24
<b>Chapter 4: Creativity</b> .....	31
<b>Chapter 5: Sleep</b> .....	37
<b>Chapter 6: Social Success</b> .....	44
<b>Chapter 7: Reading, Writing, and Math</b> .....	50
<b>Chapter 8: Homework &amp; Schoolwork</b> .....	56
<b>Chapter 9: College Survival</b> .....	65

## Introduction

# The 2016 ADDitude Guide to Mobile Apps & Software for ADHD Minds

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Technology is the great equalizer. In this era of the smartphone, that is especially true. Multiply that by five for anyone with ADHD. Mobile apps, if chosen carefully and used religiously, can compensate for challenging symptoms ranging from organizational deficits to working memory problems to sleep challenges. The promise of technology is great: To put anyone with ADHD on a level playing field with the neurotypical world.

Of course, reality often falls short of that lofty goal. The mobile app market boasts more than 3 million live products today, but the vast majority of these are not worth your time or money. The trick is sifting through myriad bells and whistles to find the tools that will *actually work for you*. And that is why the *ADDitude* editors have carefully combed through expert endorsements, reader recommendations, and our own magazine reviews to bring you 100 mobile apps that help real people manage their real, daily symptoms of ADHD.

We've organized the apps in this eBook according to common ADHD hot spots: time management, sleep difficulties, focus and attention, and more. Overwhelmed by your family's complex calendar? Try Cozi. Guilty of mindlessly browsing the Internet at work? Try SelfControl. Struggling to turn off your brain off at night? Try Sleep Cycle. No matter your challenges, these apps can augment any well-rounded treatment plan to help you get more done — and feel better doing it.

No app can cure your ADHD, that's for sure. But used consistently, the tools in this eBook have been known to increase productivity, calm, and happiness. And, for us, that's more than enough reason to try them.

—*The editors of ADDitude*

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## **CHAPTER 1**

# Time Management and Productivity

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# Chapter 1: Time Management and Productivity

Mobile apps designed to help you better prioritize tasks, track time, and get stuff done.

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## 1. RescueTime

Time inventory — and accountability

*Free for basic version; \$9/month for Premium version*

iOS, Android, Mac, PC, Linux

<https://www.rescuetime.com/>

Before you can save time, you first need to take stock of it. The **Rescue Time** app does that without bias or judgment — it runs in the background of your computer or mobile device and quietly tracks how much time you spend working, reading the news, or mindlessly scrolling through Instagram. After rating each activity from “Very Distracting” to “Very Productive,” you set goals and track your progress. An upgrade to the Premium version gets you a daily log, alerts, and can even enforce time limits on certain websites. No more “10 minutes” turning into two hours on Facebook!

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“**RescueTime** allows me to rate websites as distracting and not distracting. With the paid version, you can also enter ‘Focus Time’ mode where distracting sites are blocked without exception.” — **h2orocks**

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“**RescueTime** is helping me improve my work focus significantly. The paid version includes a way to record info on meetings, breaks, etc. And when you have been away from the computer, it prompts you to type in why.” — **DIrott**

## READER RECOMMENDATION

*“The Amazon Echo has been the best time-management and productivity gadget/app that I have incorporated this year. The whole family can use it easily to set alarms and timers, add to-do items to a list, add shopping list items, etc. I only wish it would interface with some other to-do apps.”*



## CHAPTER 1 Time Management and Productivity

### 2. Priority Matrix

Visual project segmentation and prioritization

*\$8.25/month for a single user*

*iOS, Android, Mac, PC*

<https://appfluence.com/>

**Priority Matrix** is an intuitive task-management tool for visual learners. Users sort tasks into one of four quadrants: Critical and Immediate, Critical but Not Immediate, Not Critical but Immediate, and Uncategorized. Manipulate the size/colors of each section, add icons, and indicate due/start/repeat dates with push notifications. Eric Tivers, an ADHD coach, uses this app to help him break down his big-picture goals into measurable benchmarks. He's also uses it to organize specific projects, including overhauling his website and planning a podcast. "I'm a visual person, so I like the fact that Priority Matrix allows me to look at just one project, or all of them, based on due dates," he says. "And don't underestimate the power of an eye-catching icon next to each task, either!"

### 3. Todoist

Delegate and track projects easier

*Free for basic version; \$8.25/month for Premium*

*iOS, Android, Mac, PC*

<https://en.todoist.com/>

"Get more done in less time." This is **Todoist's** slogan, and the ADHD Holy Grail. This powerful app allows you to share projects and delegate tasks to others. Notifications, due dates, reminders and color-coded priority levels keep everyone on track. Then, Karma tracks your productivity and accomplishments over time — perfect for people with more tasks than time. The premium version includes location-based reminders, calendar sync, productivity tracking, task additions via email, and more.

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"I like **Todoist**, which supports 'sub-tasks' for project organization. This lets me add a task or appointment to the list whenever I happen to think of it, before I get distracted and it leaves my head completely."  
— umnlawgrrl

#### READER RECOMMENDATION

*"We use **Clock** on our iPhones and iPads. Trying to beat a time goal is a good change in motivation sometimes!"*



## CHAPTER 1 Time Management and Productivity

### 4. Cozi

The family “brain” for coordinated living

*Free*

*iOS, Android, Windows, Web*

<http://www.cozi.com/>

**Cozi** calls itself the “must-have organizer for families,” and our readers agree — it’s one of the most recommended apps on *ADDitude*’s Facebook page! It combines a family calendar, to-do lists, shopping lists, recipes, and everything you could need to help your family keep overlapping and conflicting schedules in sync. Any family member can access the app from any device, so everyone knows what everyone is up to at all times — meaning no more scrambling to find your child a ride to that soccer game she “forgot” to remind you about.

#### GET CONNECTED

Join the **ADDitude** community at

[facebook.com/additudemag/](https://facebook.com/additudemag/)

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“I don’t know how I’d ever have even a relatively sane life without my **Cozi** app. When I have something to remember (appointments, grocery list, tasks to do, etc.), I’ll pull out my phone and type or speak it into my ‘brain’ (Cozi) so I don’t forget. It’ll send reminders to my phone and/or email so it literally ‘remembers’ for me. Plus the family is all linked to one account so calendars sync and the shopping list can be added to or marked as bought from anyone in the family. Cozi has been my lifesaver!” — **Chrys B.**

---

“I love **Cozi**. We’ve used it for several years now. Me, my husband, and my two oldest children use it most. It helps because you can enter your appointments, notes, shopping lists, etc. in one central location and all the reminders are shared on all of our devices linked to the Cozi account.” — **ADDitude reader**

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“We love **Cozi** because it can be accessed on a computer or mobile device. On the go, I put in doctors’ appointments and set reminders right when we make the appointment, to make sure we don’t have any conflicts and so I don’t lose the appointment card. I don’t know how we would be managing our ADHD lives without Cozi!” — **Sue S.**

## CHAPTER 1 Time Management and Productivity

### 5. Chronos

Time inventory — and accountability

*Free*

*iOS, Android*

<https://www.getchronos.com/>

**Chronos** is a data collector that tracks how and where you spend your time, and spits out valuable insights for building better habits. You set goals — like reducing time on social media or squeezing in more exercise — and the app tracks your progress automatically. This can be a particularly great tool when working with a time-management coach because, once a week, Chronos emails out an infographic showing your time spent at work, in the car, sleeping, at the gym, with friends, and more. Best of all, the app learns about you from your behaviors. The longer you use it, the smarter it gets!

### 6. Coach.me

Peer motivation and coaching strategies

*Free for basic version, \$15/week for personal coaching*

*iOS, Android, Web*

<https://www.coach.me/>

Like a sticker chart for adults, **Coach.me** helps you build healthier habits. The app combines social networking and a daily chart to help you track when and how often you're doing an action. Tapping in to a supportive community to give or receive “props” increases the likelihood you will take action. Available habits range from “Floss Teeth” or “Clear Clutter” to the more difficult “Wake Up on Time.” You also get daily tips and pats on the back for completing tasks. For a weekly fee, you can access the “Habit Coaching” function, which connects you to one of more than 700 coaches and their personal productivity strategies.

#### **DID I JUST TWEET THAT?**

**Struggling with online impulsivity? Read some tips for controlling your social media at <http://additude/social-media>**

## CHAPTER 1 Time Management and Productivity

### 7. Finish

Only show me what's urgent

*Free*

*iOS*

<http://getfinish.com/>

“The To-Do List for Procrastinators,” **Finish** was created by two high school students who say they couldn't find the perfect app. When adding a task, you select a due date: “Short Term,” “Mid Term,” or “Long Term.” (It's up to you to define what these terms mean.) Instead of due-date reminders — which can feel meaningless to procrastinators — Finish shows you how time is running out, and moves tasks from one time category to another as it does. Focus Mode, ideal for anyone with ADHD, shows only the most important tasks in your list and hides the rest.

### 8. 2Do

To-do lists for visual thinkers

\$2.99-\$49.99

*iOS, Android, Mac*

<http://www.2doapp.com/>

The **2Do** app organizes simple reminders and checklists, as well as larger projects, by color — an important feature for visual thinkers. The app's ingenious clear tab system also allows users to create lists and then *not* promptly forget about them. Each task is sortable by priority, due date, note, an embedded audio note, and/or photo. The app also lets you defer tasks to a later date — a feature to be used sparingly and responsibly!

#### FREE DOWNLOAD

Stop procrastinating!  
Download our guide to  
getting things done on  
time at <http://additu.de/procrastinate>

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“It lets me organize my thoughts and my day.” — **ADDitude** reader

## CHAPTER 1 Time Management and Productivity

### 9. TeuxDeux

Simple weekly task manager

\$2/month

iOS, Web

<https://teuxdeux.com/>

**TeuxDeux** is a clear and simple task manager with a one-week-at-a-time focus. Use the app's simple calendar to create tasks and assign completion dates. Easily bold, italicize, or hyperlink text using the simple interface, which also allows you to list tasks by project. Sync your TeuxDeux account using the free iPhone app or any Web browser on your phone or computer so that you never need to wonder, "What should I be doing right now?"

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"I really like **TeuxDeux** — it's free, has an easy way to track to-do lists and calendar stuff, and it looks like a datebook on your screen."

— **ADDitude** reader

### 10. MIN TO GO

Voice reminders for the time blind

\$0.99

iOS

<http://neuronindustries.com/>

**MIN TO GO** is a timer and alarm app featuring three pre-alarm notifications that announce, "60 minutes to go," "15 minutes to go," and "5 minutes to go." Each announcement begins with a few pleasant tones, followed by a calming female voice. Plus, there's no need to open the app to see how long you have left — the remaining minutes are displayed right on the app's icon, making it easy to see at a glance how efficiently you're using your time.

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"Great, easy app for people who lose track of time — like me! It is so simple to use and it helps me get my kids out the door, too!"

— **ADDitude** reader

### TIME FOR KIDS

Does your child lose track of time? Listen to this expert webinar for parents at <http://additu.de/time-kids>

## CHAPTER 1 Time Management and Productivity

### 11. Task Timer

Time estimates and focus jolts

Free

iOS

<http://www.bkeeney.com/task-timer-for-iphone-388/>

If you think everything takes 20 minutes — but actually have no idea how long you’ve been staring at your computer screen — **Task Timer** is the simple but powerful tool you need to make better estimates and stay on task. Pick a task and designate its completion time; the app keeps you on track by showing time elapsed and time remaining. Include breaks in your schedule, or use the intermittent vibration reminder to jolt your attention back into focus. We like how users can customize the app to their personal work preferences — a quick burst of activity, or a slower and more leisurely pace.

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“As a teacher and adult with ADHD, I use **Task Timer** and Evernote — both with my own ADHD children, as well as my classroom children.”

— **Susan**

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“This app is great for time management and procrastination: estimating how long a task will take, and then doing the task and comparing your estimate to the time it actually took.” — **ADDitude** reader

### 12. Due

Reminders you can’t ignore

\$4.99

iOS

<http://www.dueapp.com/>

You know what needs to get done each day; it’s remembering in the moment that’s the problem. Forget less with **Due**, the app that stores your tasks and lets you see how many are waiting for you with a glance. Use 12 quick-access tools to set reminders and reusable timers for tasks you complete daily — like brewing coffee or walking the dog. If you’re ignoring a task, persistent reminders will stay in sight until you complete the task, reschedule it, or make the effort to silence it.

### READER RECOMMENDATION

*“Time Timer helps my daughter prepare for transitions, and our Watch-Minder keeps us focused in a discreet way.”*

## CHAPTER 1 Time Management and Productivity

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“I absolutely LOVE my **Due** app! You set an alarm and it gently chimes to let you know when you need to do whatever it is you needed to do. You can set repeating alarms, you can snooze, whatever. But it will continue to go off every few seconds until you address it. I have mine set to help me remember to take my Adderall every morning. It’s great if I tell somebody ‘I’ll email that to you’ or if somebody needs a quick favor that day and I’m not at home or in a position to do it right then, I set the alarm to remind me to do it later. Memory, clearly, is one of my worst problems with my ADHD.” — **Edee**

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“**Due** keeps me sane.” — **ADDitude** reader

### 13. Brili

Kid-driven routines without nagging

\$6.99-\$8.99

iOS, Android

<http://www.brili.co/>

Experts agree that children with ADHD benefit enormously from routines. Parents agree that setting up and maintaining consistent schedules is easier said than done. Enter **Brili**, the first interactive tool — based on proven psychological principles — that gently but firmly guides children through everyday routines. It’s simple for parents to set up, and kids will have a blast moving through the game-like app to get their tasks done. Parents can monitor their child’s progress from another device, lessening the tension that often comes from hovering and nagging.

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“I use it to get my seven year old to school and to bed. She enjoys the challenge.” — **ADDitude** reader

### READER RECOMMENDATION

*“Aida Reminder is simple and very helpful for getting things done. It has many different sounds for alarms and reminders, and the tasks can be repeated as often as you need.”*

## CHAPTER 1 Time Management and Productivity

### 14. ChoreMonster

Make a game out of your child's chores

Free

iOS, Android, Amazon, Windows

<https://www.choremonster.com/>

Don't get caught in the cycle of yelling and nagging; get control of the chore wars with **ChoreMonster**, a fun app that turns chores into a game your child will race to win. Parents enter the chores, along with a unique score for each one. Children complete chores to earn points, which they can later exchange for rewards. It's fun, easy to use, and teaches important self-control skills.

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"It is a fun way to encourage kids to do chores. My only problem is that my daughter would rather play with the monster than clean and get new ones." — **ADDitude** reader

### 15. Nag

Just do it, already

\$0.99

iOS

<https://itunes.apple.com/us/app/nag-multiple-timers-alarms/id391957434?mt=8>

It's annoying when a spouse or parent hounds you to finish a task. But when it's an app doing the reminding — well, that's just helpful! **Nag** is the persistent alarm clock that will keep pestering you until you just do it. When scheduling a new task, choose to set your reminders using 2-, 5-, 10-, 30-, or 60-minute intervals. When the alarm goes off, take care of the task and press stop, or let it remind you again in a set amount of time. This could be the end of burned dinners and forgotten appointments.

#### READER RECOMMENDATION

*"My Job Chart was the first chore app that really clicked with my kids. They enjoyed the computer interface and clicking off the chores as they did them. The banking aspect was also appealing."*



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## **CHAPTER 2**

# Information Management

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## Chapter 2: Information Management

Mobile apps designed to help you store vital information, create smarter to-do lists, use email to your advantage, and much more.

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### 1. Evernote

Notes to trigger your memory

*Free for basic version; \$24.99-\$49.99/year for advanced versions*

*iOS, Android, Mac, PC*

<https://evernote.com/>

How often do you say, “Ooooh, I’ve got to remember that!” — only to promptly forget it? **Evernote**, a cloud-based platform, can fix that. It allows you to store text, photos, and audio notes on your device of choice, eliminating the need for paper clutter. Create “notebooks” and categorize notes for recipes, an upcoming vacation, product research, to-do lists, and so on. Notes are tagged with geo-location for mapping or search. Ultimately, all of your information is in one spot, organized and available through a simple search.

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“You think of something important while standing in line at the bank? Open **Evernote**, and jot it down. See something neat that reminds you that you need to purchase something similar? Open Evernote and take a picture of it. Idea for a song? Open Evernote on your iPhone or Android and sing a verse or two. Now here’s the fun part... Where did all of your notes from the whole day go? How will you ever collect them all? Simply log into Evernote on your computer and there they are; like Gmail, it’s in the cloud. Your life has changed.” — **Timmy D.**

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“I LOVE **Evernote**. My entire family uses it to take notes for home-school, recipe organization, office /household management, and book keeping. I recently purchased a document scanner to scan important papers, mail, etc. and integrated document storage with Evernote. We can’t live without it!” — **ADDitude reader**

### STILL TOO MUCH PAPER?

Overwhelmed by paper IRL? Find tips for managing paper clutter at <http://additu.de/wt>

## CHAPTER 2 Information Management

### 2. Wunderlist

All your lists, all in one place

Free for basic version; \$4.99/month for Pro

iOS, Android, Windows, Web

<https://www.wunderlist.com/>

If thoughts fly out of your head before you have time to jot them down, **Wunderlist** is the app for you. It lets you easily add new tasks to your Today page, and then set due dates or reminders so you don't miss your deadline. Share your lists so that the whole family can add items to your grocery list, eliminating forgotten items. Don't have your phone handy? You can access your to-do list from your computer and tablet, too!

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"I use **Wunderlist** to keep track of responsibilities at work and home. It helps because it links to my Microsoft account at work. It allows me to centralize everything in one place." — **ADDitude** reader

### 3. Mint

Your finances — made real

Free

iOS, Android

<https://www.mint.com/>

**Mint** manages all things money — checking and savings accounts balances, budgets, investments, and debts — all in one place. It is surprisingly intuitive, and its graphic layout is truly ADHD-friendly. Its bar and pie graphs help even financial newbies and those allergic to spreadsheets make sense of their money. And on the website, users can add photos or graphics to personalize savings goals. The app detects and alerts you to unusual activity on your accounts, and lets you know if you are paying more for car insurance, for example, than other people in your geographical area.

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"We just started using **Mint** to help keep track of our finances. It's free and has features like email reminders when payments are due or balances are low. (And no, this isn't an ad; I don't work for them. I just really liked having a reminder that a payment was due, or I'd be dinged with a late fee.) The budget feature forces you to look at just where

### READER RECOMMENDATION

*"I use **Medicalog** to track my and the kids' various medical symptoms. It concentrates on mental health and issues with the whole body, and generates reports. We're trying to determine trends, and track illnesses for various doctors. It's helpful."*

## CHAPTER 2 Information Management

those \$\$\$ are going, and I suspect it will be a real blessing next year at tax time.” — **Barb**

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“I LOVE **Mint**. It tracks EVERYTHING and gives tips, which are clearly sponsored but not intrusive. Texts for upcoming bills or low balances save me a fortune. Just don’t EVER delete an account. Deleted accounts can never be retrieved once gone. Lesson learned the hard way.” — **ADDitude** reader

### 4. Boomerang for Gmail

Email, but smarter

*Free for basic version; \$4.99-\$49.99/month for advanced versions*

*Android*

<http://www.boomeranggmail.com/>

Say you’re puttering around at 3 a.m. and decide to get some email out of the way. Just click “Send It Later,” and your boss will receive your response closer to normal business hours. Or perhaps you want to know whether a recipient has received or answered a very important email you sent yesterday. Tell **Boomerang** to let you know if the recipient hasn’t opened it or just hasn’t responded, when it’s most helpful to you.. The app can also resend important emails at designated times — perfect for important correspondence that your brain can’t figure out what to do with in the moment. This is great for managing the dreaded “waiting on” list.

#### EMAIL OVERLOAD?

Get 10 simple solutions designed to make email work better for you at <http://additu.de/il>

### 5. Google Voice

Phone calls for visual minds

*Free*

*iOS, Android, Web*

<https://www.google.com/voice>

**Google Voice** assigns each user a number that can be forwarded to any phone. It asks a caller to state his name, and lets you decide whether to take the call or send it to voicemail. Google Voice also allows you to receive email or text transcriptions of voicemail messages. The transcripts aren’t perfect — what is, really? — but sometimes reading a transcript of a voicemail message can mean the difference between remembering to respond and act on it — or not.

## CHAPTER 2 Information Management

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“I like it and use it a lot. It’s easier to communicate with people overseas with it, and it’s helpful because you can also text with the number assigned to you.” — **ADDitude** reader

### 6. Dropbox

Your digital filing cabinet

*Free for basic version; \$9.99/month for Pro version*

*iOS, Android, Mac, PC, Kindle*

<https://www.dropbox.com/>

After a lifetime of losing critical files, most people with ADHD agree that having your head — or at least your files — in the cloud is a good thing. After mastering the interface, you can store most documents and files in **Dropbox**, an online storage system that’s accessible from anywhere. The best part is how easy it is to share big files in email — just send a link. Dropbox can also automatically save your pictures, share updated files with colleagues or partners, and much more.

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“My husband and I use it to share important documents, lists, recordings, and media with each other. It helps a lot because we can access the info from anywhere and it doesn’t get misplaced or lost in a pile of clutter like it would if it were physically here in our home. With 4 of 5 people in my home having ADHD, it makes life much easier!”

— **ADDitude** reader

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“I love using **Dropbox** because it is with me on all my work and home computers, as well as my mobile devices. I stick to my folder system and use long, descriptive filenames so things are easy to find. If I have a folder that is getting full of files (for me this is around 10 files), I create separate subfolders, filing the appropriate files in them. I find this keeps me from being overwhelmed with too much to visually process at once.” — **ADDitude** reader

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“**Dropbox** saved my professional life!” — **ADDitude** reader

#### HOW DROPBOX HELPED ME

Read one college student’s story of using cloud-based tools to seriously lighten her load at <http://additude/15y>

## CHAPTER 2 Information Management

### 7. IFTTT (If This Then That)

Rules for online engagement

*Free*

*iOS, Android*

<https://ifttt.com/>

As its tagline says, this app will “put the Internet to work for you.” How? Use the If This Then That (IFTTT) “channels” to create action recipes that follow any sequence you desire. For instance, “If I star an email in Gmail, add it to my to-do list.” “If I get a voicemail, then upload it to Dropbox.” “If I miss a call, add it to Todoist.” Or, our favorite, “If it’s 9 p.m., turn the lights off using WeMo Switch.” IFTTT works with 289 current channels including Android Call/Location, Dropbox, email, Evernote, FFFFound!, Fitbit, iOS Reminders, SmartThings, Todoist, and WeMo Motion. The recipe possibilities are endless.

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“I use Gmail plus the **IFTTT** SMS channel to send me reminders or notify me of things (for example, to charge my FitBit).” — **Mark H.**

### 8. Outlook Mobile

Your life — in sync

*Free*

*iOS, Android, Windows phones*

<https://www.microsoft.com/en-us/outlook-com/mobile/>

Many apps try to do it all. Most of them fail. **Outlook Mobile** may be the exception. It integrates your calendar, email, and cloud services like Dropbox and Google Drive. When writing an email to schedule a meeting or an event, you have options to send your availability from your calendar or to create a calendar invite. This might just stop the back-and-forth madness once and for all.

#### FREE RESOURCE

Learn about the motivating power of clear consequences, at <http://additu.de/impulse/>

## CHAPTER 2 Information Management

### 9. Unroll.Me

No more junk mail

Free

iOS; Gmail, Google Apps, Yahoo! Mail, Outlook.com, AOL Mail, iCloud

<https://unroll.me/>

Are you overwhelmed by the thousands of unopened emails clogging your inbox? **Unroll.me** may be the answer. It's a free service — and now an iOS app — that will clean up your email inbox, unsubscribe you from undesired lists, and consolidate all of your newsletters, listservs, and emails into one daily digest. A hundred emails are transformed into one. Your inbox has never been happier.

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"I love that this gets my low-priority emails out of my main inbox. Less distraction." — **ADDitude** reader

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"It has helped me to winnow down my emails to the important ones. I can look at all the unimportant ones once a day or just trash them if I don't have time. It unsubscribes for me and saves me boatloads of time and frustration!" — **ADDitude** reader

### 10. Listastic

Lists you can't forget

\$2.99

iOS

<http://mcleanmobile.com/Listastic/>

A good checklist is a beautiful thing — and **Listastic** is an app no adult with ADHD should leave home without. From a grocery list to the day's tasks at work, Listastic organizes your information into one of three sections: active, later, and completed. You can color-code your lists, hide them, or call them up at a designated date. If you need to share your list with others, just tap the "share button" from within any list and select the desired email contact.

#### READER RECOMMENDATION

*"List Ease has been a blessing. No more forgetting my shopping list — it's always with me!"*



## CHAPTER 2 Information Management

### 11. Remember the Milk

What you need, when you need it

*Free for basic version; \$39.99/year for Pro*

*iOS, Android, Mac, PC*

<https://www.rememberthemilk.com/>

**Remember the Milk** syncs across mobile and web, granting access to task lists anywhere or anytime. You won't forget your grocery needs — or anything else — ever again! Add a list of to-dos, estimate how long each will take, and view by priority, date added, or those that are overdue. The newest version allows you to create your daily plan using Siri; go Pro to use the web app without an internet connection and access unlimited storage space.

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“My homepage has my Google calendar with its reminders of upcoming meetings, appointments and events; my ‘**Remember the Milk**’ to-do list application; my email, which receives most of my bills in electronic format; my most recent blogs from my Google Reader account; a link to information about local weather; a tool for quickly searching my Gmail; and a link to and a list of recent Google docs, which I use to keep all my work documents accessible no matter what computer I’m on.” — **bigmaggie**

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“This free app allows me to make lists of things I need to do/buy. I use it to keep important data about the sizes and quantities of items I need.” — **ADDitude reader**

#### MASTER THE GROCERY STORE

**Need more than a list to make your grocery shopping run smoothly? See our ADHD-friendly tips at <http://additu.de/lw>**

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## **CHAPTER 3**

# **Focus and Attention**

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# Chapter 3: Focus and Attention

Mobile apps designed to help you block out distractions, zero in on work, and build a stronger brain.

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## 1. Focus@Will

Music for productive brains

\$6.25-\$11.83/month

iOS, Android

<https://www.focusatwill.com/>

Designed to increase your focus and attention, **Focus@Will** is a music app that uses specially engineered audio stripped of frequencies similar to the human voice. Why? Our brains are wired to pay attention to voices, and they distract us. The app can be set to different “energy levels,” depending on your specific focus needs, and even has channels designed for the ADHD brain. A built-in “Productivity Tracker” figures out what types of music help you focus best, and personalizes each playlist for your cognitive type and biorhythms. Start with a 15-day free trial before deciding on the monthly membership.

### **FOCUS@WORK**

Readers share their favorite rituals for staying focused on the job at <http://additu.de/lv>

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“**Focus@Will** is like medication for my brain. When I play it, the part of my brain that always finds distractions pays attention to the music, freeing me up to concentrate. I always use it when I work, because it increases my productivity dramatically. Plus, the timer feature encourages me to both work longer and to take some breaks.”

— **ADDitude** reader

## CHAPTER 3 Focus and Attention

### 2. AutoSilent

Behavior training for your phone

\$2.99

iOS

<http://novniv.com/>

We've all done it: forgotten to silence our phones in a movie theater, dance recital, or doctor's office. Or we forget to turn it back on, leading to missed calls, texts, or notifications. **AutoSilent** helps by silencing your phone based on specified calendars, geographic-fences, or a timer, which is great for appointments or a quick power nap. With this app, you don't have to remember to turn your ringer on or off. ADHD coach Eric Tivers loves this app, saying, "This feature should be standard on all smartphones!"

### 3. CogniFit Brain Fitness

Neurological weight training

Free

iOS

<https://www.cognifit.com/>

**CogniFit** is the best way to train your brain on the go! The app starts with a quick quiz to assess your cognitive abilities, then it personalizes activities to challenge your mind, strengthen your attention, and boost your processing speed. Anyone with ADHD will benefit from the app's emphasis on key abilities like focus, memory, and concentration. Competitive? Challenge your friends and earn "Neurons" to track your progress. Plus, CogniFit comes in more than 15 languages, including Spanish, French, and Chinese.

#### READER RECOMMENDATION

*"Focus is a simple 'watch the moving dot' or 'shell' game. My son likes it because it keeps track of the most moves the dot has made when he was still able to choose the correct dot. He likes beating his previous best, but he can't really cheat because if he loses focus for just a second, there are enough dots that he will probably choose the wrong one."*

## CHAPTER 3 Focus and Attention

### 4. Elevate

Customized brain training

*Free for basic version; \$3.99/month-\$79.99/lifetime for Pro*

iOS, Android

<https://www.elevateapp.com>

Based on extensive scientific research by experts in neuroscience and cognitive learning, **Elevate** promises to improve cognitive skills through regular training sessions. Each user receives a personalized training program that adjusts over time to maximize results. Trouble focusing? Difficulty organizing your thoughts while writing? No problem! The personalized daily workouts will help you improve target skills — like memory, processing speed, or comprehension — while maintaining already-strong ones.

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“I have greatly enjoyed **Elevate**. It is much more knowledge-based and has been very fun and informative. The best benefit has been speeding up some mental math processes.” — **ADDitude** reader

#### GADGETS & APPS BLOG

For more reviews of high-tech tools for ADHD symptoms, read **ADDitude's** expert blog at <http://additu.de/gadgets>

### 5. Lumosity

Popular brain games

*Free for basic version; \$11.99/month for Premium*

iOS, Android, Web

<https://www.lumosity.com/>

Designed by neuroscientists to improve cognitive skills, **Lumosity** creates a personalized training program to challenge your brain in key areas. The app uses dozens of games to target a wide variety of trouble spots such as memory, focus, and problem solving — all in fun, fast-paced chunks that adults and children with ADHD will love. With 9 peer-reviewed studies, more than 40 different brain training games, and more than 60 million members worldwide, Lumosity certainly has the numbers to back up its claims of brain-training greatness.

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“Our entire family loves the brain-game app **Lumosity**. Each game targets a different area of need like focus, attention, memory, concentration, etc. They are fun and challenging while being therapeutic. Every little bit helps, and this is one way to train your brain.” — **Eliza**

## CHAPTER 3 Focus and Attention

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“I love **Lumosity** because it helps me to focus. I don’t play it very often, but when I do, I feel a little sharper.” — **ADDitude** reader

### 6. Brain Training: Focus

Simple, addictive brain game

Free

Android

<https://play.google.com/store/apps/details?id=com.iteo.crazybraincolors>

Unlike other varied brain-training apps, **Brain Training: Focus** offers just one game — but its simple premise and utterly addictive nature make it perfect for anyone who loses interest in more complex “brain training” programs. This app’s game is based on the Stroop effect, and asks users to match the color of a word with its name. According to the findings of psychologist John Ridley Stroop, when the word “green” is printed in, say, purple ink, it takes longer to identify correctly than it does when its name matches its hue. Different modes — like “Time Attack” and “Survival” — offer new challenges that allow you to build focus, improve decision-making skills, or unwind after a stressful day.

### 7. FocusTime

Scientifically backed focus aid

\$4.99 for iOS, \$9.99 for Mac

iOS, Mac

<http://focustimeapp.com/>

**FocusTime** is a timer, designed for your Apple computer or your iOS device, that promises to keep you on task and improve productivity. How? FocusTime uses the Pomodoro method, which alternates periods of focus with short and long breaks. The app runs seamlessly in the background of whatever device you choose, and keeps track of how long you’ve successfully focused on each activity. The beauty of the Pomodoro technique is that you only have to focus in 25-minute chunks, making this app ideal for anyone with ADHD.

#### READER RECOMMENDATION

*“WatchMinder keeps me aware of time. I can quickly lose focus without something reminding me to bring my attention back to what I need to be doing.”*

## CHAPTER 3 Focus and Attention

### 8. Brain Wars

Competitive brain training

Free

iOS, Android

<http://translimit.co.jp/services/brainwars/>

**Brain Wars** is a brain-training app designed to promote focus, memory, and more organized thinking. The app features simple math and memory puzzles to pick up and play whenever you have a free moment. Users are matched against opponents for three 20-second puzzle rounds, and they earn points for speed, memory, judgment, and mental math. Players can check their global rankings in real time. Brain Wars puzzles are uniquely non-verbal, so if you struggle with learning disabilities (or just hate word games!), this might be the brain-training app for you.

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“I like the exercises. It keeps my mind focused.” — **ADDitude** reader

### 9. StayOnTask

Are you paying attention now?

Free

Android

<https://play.google.com/store/apps/details?id=valavg.stayontask&hl=en>

**StayOnTask** is a simple app that works wonders for anyone who drifts off during long assignments, whether at school or at work. The app will periodically “check in” to make sure you’re doing your work — not messing around. It’s random, so users can’t predict when it will check up on them. If you’re off task when the app checks in, it provides a gentle reminder to re-engage — and a dose of guilt that doesn’t hurt either.

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“I love this app. You can put it on vibrate at work or even run it silently so you just see the alert.” — **ADDitude** reader

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“It is super simple — you turn it on and lay it on the table beside you, and it chimes at random intervals asking you to press a button if you’re on or off task. It’s astoundingly helpful.” — **Susan**

#### READER RECOMMENDATION

*“I subscribe to Fit Brains, as I like the games they have. I use it, and like ‘playing’ the games to help me keep working my mind in different areas and knowing how I do compared to others.”*



## CHAPTER 3 Focus and Attention

### 10. Freedom

Block the Internet — sometimes

\$2.42-\$6.99/month

iOS, Mac, PC

<https://freedom.to/>

Many people with ADHD have “one-more-thing-itis,” especially in the evening. If you start each day saying, “Today is the day that I will leave work at 6 p.m.,” and the next thing you know it’s 10 p.m., the internet-blocking app **Freedom** can help. Using Freedom’s quick interface, just highlight the times and days you want it to work, and Freedom will block you from the Internet during those times. The only way to sidestep Freedom is to reset your computer or phone; it’s possible, but the chore is onerous enough that most users stick to the schedule. iPhone users are especially lucky — they can use Freedom on their phones.

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## **CHAPTER 4**

# *Creativity*

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# Chapter 4: Creativity

Mobile apps designed to help you brainstorm great ideas, translate those ideas into documents, and keep your imagination limber.

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## 1. SimpleMind

Mind mapping on the go

*Free for limited edition; \$4.99-\$23.99 for full edition*

*iOS, Android, Mac, PC*

<http://simpleapps.eu/simplemind/>

“I am not a linear thinker, but I love mind mapping,” says Eric Tivers, an ADHD coach. “**Simple Mind** is my go-to app to create these maps.” Mind mapping is a great tool for children and adults, particularly those who think better when they’re free to visually or physically plan out ideas. Simple Mind has an intuitive interface, and tons of options to let you customize your map however you want. Plus, it syncs with Dropbox, letting you access completed maps from anywhere — including school or work.

## 2. Skitch

Make your photos talk

*Free*

*Mac*

<https://evernote.com/skitch/>

**Skitch**, designed by Evernote, lets users mark up and annotate photos — meaning you can point to an object, add text, blur an area, and more. Adults with ADHD who work in a visual field — or children looking to flex their creative muscle — will have fun with Skitch’s simple features and versatile tools. It can also be used for straightforward organization and money-management needs: Snap a photo of a receipt and mark it up for later filing, or take a picture of a messy room and break it into smaller chunks to help you organize. Skitch was shut down for iOS, Android, and PC last year, but still runs on Mac computers. It works well in concert with Evernote.

### READER RECOMMENDATION

*“ColorArt is an electronic version of the now-popular adult coloring books. My oldest child and I have both greatly enjoyed this application and found it to be relaxing.”*

## CHAPTER 4 Creativity

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“I love it for use with my students. I can take a photo or screenshot and insert visuals and annotations to call attention to specific parts that I want students to notice.” — **ADDitude** reader

### 3. Dragon Naturally Speaking

Dictation for fast thinkers

\$99.99-\$199 for PC versions; \$200 for Mac version

Mac, PC

<http://www.nuance.com/dragon/index.htm>

If your “Ferrari brain” moves faster than your hands can write, voice dictation can be a great tool. **Dragon Naturally Speaking** is widely considered the best software for voice dictation, particularly if you have a PC. The software package for both PCs and Macs comes with its own headset and microphone. Instead of typing, just start talking, and Dragon will type what you say.

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“**Dragon Naturally Speaking** software saved my ADHD son in high school. My son struggled with the mechanics all his life and likely always will. Though his writing is legible, he ‘draws’ each letter taking extraordinarily painstaking amounts of time, sometimes 15 minutes to write one sentence. He is an avid reader with an excellent vocabulary, but when writing, he would purposely choose a word with fewer letters to represent his thought because the mechanics were so laborious, and therefore under-represented his understanding to his teachers. Dragon Speak can keep pace with his naturally fast speaking speed, once trained to his voice, and it actually makes it fun! He is now free to share all of his most intelligent and insightful thoughts in written form. I know that this type of technology will help my son as he continues into college and a career.” — **Billie C.**

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“I use it for papers I have to write for classes I am taking. It does help because, although I type fast, I can talk even faster.”

— **ADDitude** reader

#### THE WRITE STUFF

Many kids with ADHD struggle with writing. Help them improve this critical skill at <http://additu.de/jq>

## CHAPTER 4 Creativity

### 4. WriteRoom

Stripped-down Word processing

\$9.99

Mac

<http://www.hogbaysoftware.com/products/writeroom>

Some days, even the Microsoft Word toolbar can steal our attention away from our writing. **WriteRoom**, a simple Mac application, is as close to distraction-free word processing as you can get. In full-screen mode, there's nothing but a blinking cursor — the app doesn't even underline misspelled words! WriteRoom's premise is simple: Write first, edit later.

### 5. Unstuck

Writers' block — unblocked

Free

iOS, Android, Web

<http://www.unstuck.com/>

Well-crafted in both function and design, **Unstuck** uses cognitive behavioral therapy principles and an engaging interface to free up your brain when it gets knotted. Start by selecting and rating cards that best describe your feelings (for example, you are indecisive, lost, overwhelmed, unmotivated, etc.), then sort feelings (for example, "I don't know why this isn't working") into two piles: "So me" and "Not me." Finally, choose from a list of behaviors, add some additional information about your challenge, and the app will spit out tips to free up your brain — and let your creativity flourish.

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"I like how it helps not just with creativity but helps enforces positive self-esteem." — **ADDitude** reader

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"I like the advice **Unstuck** gives, I always keep all the emails and sometimes go back and reread them." — **ADDitude** reader

#### READER RECOMMENDATION

*"RoomStyler is an application for planning room decoration. I was amazed at how the ability to see renderings changed initial thoughts (in my case) or helped solidify ideas (for my eldest son). Since then I've used it to recreate existing rooms to help my own visualization skills."*

## CHAPTER 4 Creativity

### 6. MindNode

Let the ideas rule

\$9.99-\$29.99

iOS, Mac

<http://mindnode.com/>

**MindNode** is similar to the mind-mapping app SimpleMind, above. Its unique strength, however, comes from the app's ability to automatically rearrange your maps in ways that make sense — so you can focus on content, not managing complex layouts. Create a new “node,” or idea, with the tap of your finger — and drag to connect it to other nodes. Your work is automatically synced to iCloud, allowing you to focus on working toward your larger goal, without distractions.

### 7. Greatest Artists: Jigsaw Puzzle

Great art — scrambled

*Free; can purchase additional puzzles within the app*

iOS

<https://itunes.apple.com/us/app/jigsaw-puzzles-greatest-artists/id505397071?mt=8>

Cézanne, Monet, and van Dyck may not ring bells for the 10-and-under set, but **Greatest Artists: Jigsaw Puzzle** is a good introduction — particularly for children looking to flex their brains. Great works of art are presented, divided into puzzle pieces, and scrambled. Your child's job is to put the masterpiece back together again. Like any good puzzle, it gives your memory and attention span a workout; these also boost your creativity as you figure out new ways to complete sections. Multiple levels challenge users ranging in age from 5 to 95.

#### READER RECOMMENDATION

*“I frequently use Magic Puzzle because I love puzzles and it helps me de-stress.”*

## CHAPTER 4 Creativity

### 8. How to Make Origami

Sequential instructions — made fun

*Free; can pay for additional patterns*

iOS, Android

<http://howset.com/>

The ancient art of paper folding has entered the 21st century — and is on your phone, no less. The aptly named **How to Make Origami** app has clear, 3-D graphics that allow users to progress at their pace and revisit previous steps as needed. Origami is an ideal activity for any child or adult with ADHD looking to increase their patience, improve their ability to follow sequential directions, and exercise fine-motor skills. The app offers instructions for several creations, including a shark, butterfly, stingray, and swan. Written directions accompany the graphics and are easy to read and understand.

### 9. Brainsparker

Your digital muse

*Free*

iOS

<http://brainsparker.com/>

People with ADHD are highly creative, it's true — but distraction, hyperactivity, and low self-esteem can derail our brain's best concepts before they become reality. **Brainsparker** helps you overcome these mental blocks by kick-starting your brain with random creativity prompts, including “trigger words,” quotes, images, questions, and more. By forcing you to consider new ideas, Brainsparker can catapult you past challenges and remind you of the joy of creativity.

#### ART THERAPY

Learn how creativity can help you or your child manage symptoms of ADHD at <http://additu.de/art>



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## **CHAPTER 5**

# Sleep

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# Chapter 5: Sleep

Mobile apps designed to help you quiet your restless brain, diagnose sleep problems, and get out of bed when you need to.

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## 1. Wake N Shake

Let's wake physical

\$0.99

iOS

<http://wakenshakeapp.com/>

**Wake N Shake** will not go down without a fight. As the name implies, this alarm app is shut off only by vigorously shaking your phone, sending the progress bar on the screen all the way to 100 percent — if you slow down for a second, the number will drop and you'll have to start again! Spirited motion gets blood flowing to the brain, awakens the prefrontal cortex, and provides the boost of energy you need to get out of bed.

## 2. Sleep as Android

REM and snoring data to act on

Free for basic version; \$1.99 to “Unlock” application to get extra features

Android

<http://sleep.urbandroid.org/>

**Sleep as Android** tracks sleeping patterns and charts graphs showing how well or poorly you slept each night. It alerts users of sleep deficits, and offers guidance and motivation for getting back to consistent sleep habits. The app can also record sound in the room while you're sleeping, to catch snoring or talking in your sleep — which your significant other may especially love sharing. Sleep as Android wakes you up at the best possible time, according to your REM cycle. The app integrates with Android Gear, including the Pebble Smartwatch and Philips Hue Smart Light.

### EXPERT WEBINAR

Listen to the audio recording of “Why ADHDers Don't Sleep — And What You Can Do About It” at <http://additu.de/vm>

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“When it comes to tedious tasks, I use **Sleep as Android**. It only lets me turn off the alarm when I scan a QR code. I stick the codes where I need to do the task, so when I need to eat breakfast, I have to scan the

## CHAPTER 5 Sleep

code on my fridge; when it's time for meds, I scan the code on my pill-box. I can't turn the alarm off unless I scan the code and often that's enough to pull me away from whatever it was I thought was more important.” — **ADDitude** reader

### 3. Sleep Cycle

Like a sleep study — every night

*Free for basic version; \$9.99/year for Premium*

iOS, Android

<http://www.sleepcycle.com/>

Not many apps can claim to change your quality of life; this one can. **Sleep Cycle** uses your phone's motion sensors to pick up on movement in the dead of night. The intelligent alarm feature will wake you as many as 30 minutes before your scheduled alarm, based on your lightest phase of sleep — letting you wake up feeling refreshed and less likely to snooze. The app also shows how daily activities affect sleep quality, and encourages users to track their morning moods to see what's working and what's not.

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“This app identifies patterns in your sleep problems and offers additional alarms for getting up.” — **ADDitude** reader

### 4. White Noise

Sounds that bring on sleep

*\$1.99*

iOS, Android

<http://www.tmsoft.com/white-noise/>

Ambient sounds help many people relax and fall asleep by blocking out noisy distractions in the environment — and in their brains. **White Noise** offers a menu of more than 40 ambient sounds that signal your brain to produce calming alpha waves. The options include the old standbys (Ocean, Streams, and Rain Storms) and some unusual sounds, like Tibetan Singing Bowl and Cat Purring. If you chill out best with manmade sounds, choose Clothes Dryer, Fan, Vacuum, or Washer.

### INSOMNIA...OR ANXIETY?

Anxiety can contribute to sleep problems in children and adults with ADHD.

Learn the signs at

<http://additu.de/separation>

## CHAPTER 5 Sleep

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“I use the **White Noise** app to help me focus by drowning out background distractions.” — **Sara J.**

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“**White Noise** helps my son sleep quite well, especially if he is having trouble sleeping. Something about the campfire noise just puts him out. He loves that sound.” — **ADDitude reader**

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“I use this when I’m traveling. It helps to keep me from over-focusing on various sounds that I’m not used to. I like the selection of available noises.” — **ADDitude reader**

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### 5. Relax Melodies

Mindful meditation — with a melody

*Free for basic version; \$9.99 for full version*

*iOS, Android, Windows*

<http://www.ipnossoft.com/app/relax-melodies/>

Let your obsessive ADHD thoughts drift away as you lay back, listen, and enjoy falling asleep with the **Relax Melodies** app, the most comprehensive noise machine around. Select sounds and melodies that you like, and combine them into your own unique mix. Save your favorite mixes to use over and over again. The app also comes with binaural beats, isochronic tones, and guided meditations available in English, Spanish, or Japanese. Not just a sleep aid, this app can be used to help you focus on a big project at work, drown out loud noises, or meditate.

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“My husband and I use it. It helps us to turn our brains ‘off’ and relax. It helps us prepare our minds for sleep as well as calm ourselves down when we’re wired.” — **ADDitude reader**

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“I love it! It keeps getting better with guided meditations, new sounds and more. Both my son and I use it every night!” — **ADDitude reader**

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### READER RECOMMENDATION

**“Relax M.P. (Relax Melodies) is an app for white noise and meditation (guided or un-guided) that also provides the binaural, monaural or isochronic beats to activate the different brain waves for concentration, sleep, relaxation, meditation, etc. Both my son and I use it and it helps tremendously.”**

## CHAPTER 5 Sleep

### 6. Deep Sleep with Andrew Johnson

Relaxation coaching when you need it most

\$2.99

iOS, Android, Kindle

<http://www.withandrewjohnson.com/pages/apps>

White noise helps those of us distracted by exterior noises. But what if you can't relax because you find it difficult to "switch off" your racing brain? Try a few **Deep Sleep** therapy sessions with Andrew Johnson as your personal relaxation coach. Many users report that after just a few nights, they're able to turn off their seemingly endless stream of thoughts, fall asleep quickly, and stay asleep the whole night.

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"I like Andrew Johnson's apps that use hypnosis to help me fall asleep (sometimes I just need someone else to remind me of all the muscles that need relaxing)." — **ADDitude** reader

### 7. Pzizz Sleep

Sleep sounds programmed by the experts

Free

iOS, Android

<http://pzizz.com/>

Some sleep apps play the same soundtrack on an endless loop, which lead to diminishing rewards as your brain adapts to the sounds. Mix up your ambient sound options with **Pzizz Sleep**. Choose inspirational words and music, or music only, set a duration (anywhere from 10 minutes to 12 hours), and press "Start" — and Pzizz's structured algorithm will create a unique soundtrack designed to lull you to sleep. Its unique combo of words, music, and binaural beats makes it ideal for either your nighttime rest or quick power naps, which are a great way to recharge a drained ADHD brain.

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"Software like **Pzizz** will do the trick to take you to deep sleep."  
— **Mazenco S.**

#### READER RECOMMENDATION

*"Sleep Better is a sleep cycle monitor and alarm clock. It uses the sensors built into your phone or tablet to monitor your sleep, provides a graph of the night, and tries to find the best time within a provided half-hour window to wake you in the morning."*

## CHAPTER 5 Sleep

### 8. FreakyAlarm

Alarm + Quests = Effective

\$1.99

iOS

<http://freakyalarm.com/>

**FreakyAlarm** is as bad (and effective) as it sounds. First, this app requires you to solve math problems to disable it. If your math skills aren't up to snuff, choose the "easy" category and leave a calculator on your bedside table, because the app's annoying sound makes it hard to think. Our favorite feature is the "Get Out of Bed" option, which requires you to scan a pre-determined UPC or QR code (like the one on your toothpaste) to turn off the alarm. You can use this functionality for more than just waking up. Do you ever forget to take your medicine? Scan the barcode on your pill bottle, and now scanning it again is the only way to turn off your medication alarm. Scanning an item to deactivate an alarm is a great way to use point-of-performance reminders.

### 9. SleepBot

Whatever you need to sleep better

Free

iOS, Android

<http://www.mysleepbot.com/>

Mo' apps, mo' problems? Not anymore. **SleepBot** is an all-in-one sleep tracker, smart alarm, and ambient sound machine. Listen to soothing sounds as you fall asleep, then wake up gradually using the multi-alarm alert function — perfect for snooze-button abusers. With its movement and sound tracking functionality, you can find out what's waking you up in the middle of the night. The app is also packed with tips and advice for getting your best night's sleep.

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"This helps me realize when I'm not getting enough sleep and identify patterns in poor sleep so I can figure out what might have caused it. Plus, it's something I routinely use every night. Anything that helps me build a routine is a good thing." — **ADDitude** reader

### HOW I FALL ASLEEP

An adult with ADHD shares his personal strategies for falling — and staying! — asleep at <http://additu.de/fall-asleep>

## CHAPTER 5 Sleep

### 10. Binaural

Scientifically proven brain therapy

*Free*

*iOS, Mac*

<http://giorgiocalderolla.com/index.html>

Binaural beats are two different sounds transmitted into each ear by headphones. Your brain interprets each sound, plus a dormant third sound, which can result in a calming effect on the brain. Binaural beat therapy has been used to promote relaxation and sleep. The **Binaural** app features different preset sounds designed to bring on fatigue, meditation, concentration, learning, pain relief, and creativity. One reviewer said, “Tried quite a few apps like this but none can compare. This app helped me kiss insomnia goodbye!”

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“I like **Binaural** beats, mostly because they’re nifty and I can focus on them.” — **ADDitude** reader

#### READER RECOMMENDATION

*“I have started using guided meditations (search YouTube for ‘bedtime meditations for children’) to help my kids relax and get to sleep more quickly in the evening. They seem to greatly enjoy these and bedtime seems to be easier when they are used.”*

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## **CHAPTER 6**

# **Social Success**

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## Chapter 6: Social Success

Mobile apps designed to help you or your child develop stronger social skills, interpret non-verbal cues, and roll with transitions.

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### 1. How Would You Feel If...

Thinking through emotions

\$3.99

iOS

<https://www.superduperinc.com/products/view.aspx?pid=MXAFD117#.Vvw67nB6jVM>

Some children with ADHD struggle to interpret social situations, new experiences, or even their own emotions. **How Would You Feel If...** poses that question in 56 different life situations; the answers are designed to lead to discussions of a child's reaction and feelings. Each illustrated "card" asks a question such as, "How would you feel if your favorite football team lost?" The most appropriate and inappropriate responses receive feedback, and a child's results can be viewed on a graph for easy parental tracking.

### 2. Social Quest

Practicing real-world responses

\$15.99

iOS

<http://smartyearsapps.com/service/social-quest/>

Developed by a speech-language pathologist, **Social Quest** is an iPad app that helps elementary, middle, and high school students improve language comprehension skills as they navigate a variety of social situations. This story-based intervention first describes real-world situations, then asks the user to identify a correct response to each social situation. As the quest goes on, kids earn up to 70 "rewards" linked to social competencies — and the app even has a beautifully designed "trophy room" to display and admire their job well done.

### RECOMMENDED RESOURCE

*"The ADHD Guide to Making & Keeping Friends"*  
<http://additu.de/friends-book>

## CHAPTER 6 Social Success

### 3. Model Me Going Places

Social expectations for visual learners

*Free*

*iOS*

<http://www.modelmekids.com/index.html>

Use this app to view slideshows of children modeling appropriate behavior in everyday places, such as school, a store, or a restaurant. Each slide includes audio narration and descriptive text. **Model Me Going Places** helps reinforce expected behavior and lessens the fear of new places. Be aware that the app contains advertisements for the company's line of social-skills DVDs, on which the app's resources are based.

### 4. Sōsh

Social goals for teens and tweens

\$39.99

*iOS*

<http://www.mysosh.com/>

**Sōsh** is designed to help tweens, teens, and young adults improve social skills by focusing on five essential abilities: Relating, Relaxing, Reasoning, Regulating, and Recognizing. Developed by two psychologists, Sōsh's "5R" strategy serves as a road map for individuals who want to be social, but may have faced obstacles in the past. (Sound familiar?) The app can also be used to develop IEP goals and allows teachers, parents, or therapists to submit feedback — making it extra useful for children who struggle with behavioral and social challenges at school.

### **AVOID THE MIDDLE SCHOOL BLUES**

The tween years can be tough on any child. Learn how to help boost your child's social network at <http://additu.de/lb>

## CHAPTER 6 Social Success

### 5. The Social Navigator

Nicer ways of saying and doing things

\$4.99

iOS

[http://www.socialnavigatorapp.com/social\\_navigator.php](http://www.socialnavigatorapp.com/social_navigator.php)

This revolutionary app, designed especially for children with ADHD and other social or behavioral difficulties, is both a behavior-management device and a calming tool for agitated kids. **The Social Navigator** promises to reduce oppositional behaviors, improve communication skills, and develop greater social awareness for kids ages 6 to 16. It's easy to use: Your child simply selects a sticky social situation and what she hopes to accomplish ("I want to do something else," or "I want to stop doing something"); the app guides her through the scenario and helps her figure out which interpersonal skills to use.

### 6. Touch and Learn — Emotions

Taking the guess work out of reading emotions

\$1.99

iOS

<https://itunes.apple.com/us/app/touch-and-learn-emotions/id451685022?mt=8>

**Touch and Learn — Emotions** is a simple app, designed to help children with developmental delays learn to read body language and recognize common emotions. The interface uses photos of children with different facial expressions to provide a safe practice space for identifying feelings. Accompanying audio guides the user as she works to match faces to emotions. If your child gets an answer wrong, the game continues as normal — allowing your child to build skills without getting disheartened by losing points.

#### WHY WE FEEL SO MUCH

Emotions can quickly take over an ADHD brain. Learn why — and what you can do — at <http://additu.de/182>

## CHAPTER 6 Social Success

### 7. Let's Be Social

Teaching tools for parents and educators

\$19.99

iOS

<http://myeverydayspeech.com/lets-be-social/>

**Let's Be Social** is designed to help teachers, parents, and professionals teach social skills and communication. The app contains 40 pre-made social lessons, 5 HD video lessons, and tools to create fully customizable lessons — plus the option to complete them with personal photos of real people from your child's life. Though most lessons are tailored for elementary school children, the customizable programs can be easily adjusted for any age group and situation. The app's pre-made lessons include everything from personal interactions and school behavior, to handling change and social relationships.

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"Download an app called **Let's Be Social** on the Apple iPad. I use it for my 5-year-old, and it's great for showing social cues." — **ADDitude** reader

### 8. Social Adventures

A safe place to practice

\$7.99

iOS

<http://all4mychild.com/>

Created by a team of speech-language pathologists and occupational therapists, **Social Adventures** offers an eight-week social skills awareness program that emphasizes practicing relationship behaviors and initiating interactions. The app contains more than 80 activities, all with step-by-step instructions and special tips for parents. Designed for children ages 3-13 with autism spectrum disorders and social difficulties, this app allows kids to practice thinking about and behaving appropriately in a variety of social situations.

#### MAKE TIME FOR FRIENDS

Learn how adults with ADHD can stay connected to those closest to them at <http://additu.de/7t>

## CHAPTER 6 Social Success

### 9. Happify

How to be a better, happier friend

*Free for basic version; \$4.99/month for Happify Plus*

*iOS, Android*

<http://www.happify.com/>

Designed to build emotional intelligence and the five essential skills linked to lifelong happiness, this app can help adults with ADHD work through the emotional issues that too often impede friendships and day-to-day social interactions. **Happify's** quick and fun games remind you to be grateful, achieve goals, or savor the moment; the app has been shown to increase positive emotions and leaves many users with lifted spirits after two months.

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“As a mom and wife, I sometimes need to focus on myself for a change. This helps me do things that are good for my mental well-being.”

— **ADDitude** reader

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## **CHAPTER 7**

# Reading, Writing, and Math

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# Chapter 7 Reading, Writing, and Math

Mobile apps designed to help your child develop stronger academic skills and compensate for ADHD-related challenges at school.

## 1. Voice Dream Reader

Stories for struggling readers

\$9.99

iOS, Android

<http://www.voicedream.com/reader/>

**Voice Dream** is the undisputed leader in text-to-speech technology. Now, struggling readers — or anyone on-the-go — can listen to PDF and Word documents, eBooks, articles, and Web pages anywhere. With more than 186 voices to choose from — and 30 different languages — this reading tool can work well for almost any child or adult. Plus, the app offers synchronized highlighting, which improves comprehension, knowledge retention, and sight-word recognition. You can pause the text, quickly rewind, or adjust the speed to your liking, too!

## 2. Read & Write Gold

A serious tool for literacy skills

Prices start at \$99

iOS, Android, Mac, PC

<https://www.texthelp.com/en-us/products/read-and-write-family>

**Read & Write** is a family of literacy software, similar to Voice Dream, but with a few extra features that make it a worthy competitor. Not only does the app read on-screen text aloud — allowing reluctant readers or people with dyslexia to get information quickly and accurately — but it also boasts word-prediction software, “Speak As I Type” technology, and a picture dictionary to help with email and essay writing. The price point is on the higher end, but its versatility makes Read & Write a reliable tool for anyone with ADHD or learning disabilities.

## READER RECOMMENDATION

*“I use a large variety of apps for reading, writing and math. Sky Fish is a favorite of my students. In addition, we enjoy using Starfall, Nessy, PBS Kids, interactive books, and I Spy games.”*

## CHAPTER 7 Reading, Writing, and Math

### 3. Bugs and Buttons 2

Numbers made fun, and fuzzy

\$2.99

iOS, Android, Amazon

<http://cupcakedigital.com/app/bugs-and-buttons-2/>

**Bugs and Buttons 2** is a math and writing game for young kids who struggle with these skills, or could use practice with critical thinking. Your child will love the bright graphics, quick timed “mini-games,” and getting to explore the tiny world of bugs — without actually having to touch a bug! Parents will appreciate that the app encourages strong attention to detail.

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“I love it for my 9- and 6-year-old boys. They do not know that they are learning math strategies.” — **ADDitude** reader

### 4. News-O-Matic

Current events — made compelling

Free for trial version; \$1.99-\$19.99 for monthly or lifetime subscriptions

iOS, Android

<http://press4kids.com/>

News and current events just aren’t interesting or captivating to most kids — ADHD or not. Enter **News-O-Matic**, a dynamic app that delivers the news in short, bite-sized chunks — perfect for older kids with ADHD enrolled in civics or history classes that require daily news consumption. While the stories range from funny to serious, a child psychologist reviews all content to make sure it’s age appropriate. The app also includes read-aloud options for children who struggle with reading, and Spanish translation services for non-native English speakers.

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“My seven-year-old loves to read the news. She uses it at school, too.”  
— **ADDitude** reader

#### READER RECOMMENDATION

**“Epic is great! My daughter gets an endless library of books that she loves, and they even have a section she can listen to while trying to sleep. It is the best app I have for her.”**



## CHAPTER 7 Reading, Writing, and Math

### 5. Math vs. Zombies

Attack of the undead equations

\$4.99

iOS, Android

<http://www.taptolearn.com/MathVsZombies.html>

This app is so much fun, your kid may even turn down an ice cream break! In this game, the world is overrun with zombies and only you can send them packing — by using your math skills, of course. **Math vs. Zombies** asks players to quickly solve math equations to transform an approaching zombie horde back into happy kids. In the process, users practice addition, subtraction, multiplication, and division. The game has four worlds, each with 21 levels.

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“I’m an elementary math specialist and this app promotes procedural fluency for students while being presented in an engaging, game format.” — **ADDitude** reader

### 6. Sushi Monster

Math skills for a refined palate

Free

iOS

<https://itunes.apple.com/us/app/sushi-monster/id512651258?mt=8>

**Sushi Monster**, from Scholastic, is a great app for younger learners. Numbers appear on sushi plates fed via conveyer belt to a “sushi monster.” Players are given a series of sums and products. They must “feed” the correct combination of numbers to the monster to reach each target sum or product. Game play is designed to improve proficiency and speed. Players are graded based on correct answers, as well as accuracy and time. A child can earn points, stars, and trophies, and achieve personal bests to unlock new levels.

#### DO THE MATH!

Make math fun for your child by incorporating interactive math games. Learn how at <http://additude/math-games>

## CHAPTER 7 Reading, Writing, and Math

### 7. Motion Math: Zoom

Putting numbers into perspective

\$2.99

iOS

<http://motionmathgames.com/motion-math-zoom/>

If your child is struggling to understand decimals and place value, as many kids do, **Motion Math: Zoom** is a smart app choice. The app features a zoomable, stretchable number line, on which dinosaurs, amoebas, and a zoo full of animals represent abstract numbers. Some of the numbers are missing, so players have to move numbers around into the proper combination of positives, negatives, and decimals. Research suggests that understanding the number line helps a child develop his math ability — and this fun app is a great place to start!

### 8. LetterSchool

Making the alphabet come to life

\$4.99 on iOS, \$3.96 on Android

iOS, Android

<http://www.letterschool.com/>

**LetterSchool**'s cheerful design, colorful animations, and easy-to-follow lessons keep young writers focused and engaged. Before forming a letter on their own, kids tap dots that show its formation. The game's next level requires users to trace the letter on the screen. Each completed letter becomes animated. Children are then encouraged to form letters without any guides or dots, and they are awarded stars for each letter mastered. This reward system, paired with the fun visuals and sound, really motivates young children.

#### ASSISTIVE TECHNOLOGY

Find tools to help your child master writing at <http://additu.de/ke>

## CHAPTER 7 Reading, Writing, and Math

### 9. MeeGenius

The future of eBooks

*Free for 30 days; \$4.99/month after*

iOS, Android

<http://www.meegenius.com/>

**MeeGenius** is an award-winning reading app, once called “the future of e-books” by Bloomberg News. The app’s vast library contains more than 800 child-friendly books ranging in topic from athletes to adventurers — with a special “Book of the Day” designed to expand kids’ literary horizons. Users can read the books online or offline, and unique narration settings help young readers even when adults aren’t around. You can even program the app to substitute your child’s name for that of her favorite character, making her the star of every story!

### 10. Writing Wizard

Sound it out, write it out

\$2.99-\$4.99

iOS, Android, Kindle

[http://lescapadou.com/LEscapadou\\_-\\_Fun\\_and\\_Educational\\_applications\\_for\\_iPad\\_and\\_IPhone/Writing\\_Wizard\\_-\\_Kids\\_Learn\\_to\\_Trace\\_Letters\\_and\\_Words\\_on\\_iPad.html](http://lescapadou.com/LEscapadou_-_Fun_and_Educational_applications_for_iPad_and_IPhone/Writing_Wizard_-_Kids_Learn_to_Trace_Letters_and_Words_on_iPad.html)

Like LetterSchool, **Writing Wizard** features animated letter demonstrations, outline tracing, and freehand writing exercises — but its unique bells and whistles are noteworthy. Parents can customize lessons for their kids, creating word lists and recording their own voice to help children sound out letters as they write. Once a writing activity is complete, children are awarded one of four different mini-games. And once they learn the basics, parents can tweak the settings to make the app more challenging. New settings can require clearer handwriting, and offer less demonstration.

#### READER RECOMMENDATION

*“Monkey Word School is really fun, has a variety of games, a good variety of words, and best of all a great reward system — a terrarium where you can choose butterflies, plants, frogs, and more to add!”*

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## **CHAPTER 8**

# Homework

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# Chapter 8: Homework & Schoolwork

Mobile apps designed to help your child log, complete, and track homework more accurately and effectively.

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## 1. myHomework

Total homework transparency and mobility

*Free for basic version; \$4.99 for Premium*

iOS, Android, Kindle, Mac, PC

<https://myhomeworkapp.com/>

For students who forget to write down assignments or turn them in on time, we like the reasonably priced (or free, if you're okay with advertisements) **myHomework** app. It tracks class schedules, homework assignments, and upcoming tests — and notifies your child when something is due. If your school chooses to participate, the app can also alert you to school announcements or let you download documents the school has shared — in other words, no more lost permission slips!

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“I do prefer to keep homework in the **myHomework** app — it's great for keeping up with and planning out assignments.” — **ADDitude** reader

## 2. inClass

Multi-sensory note-taking

*Free; \$0.99 to remove ads*

iOS

<http://inclassapp.com/>

If your child uses a personal tablet in the classroom, **inClass** will allow him to take multi-sensory notes — using audio, video, pictures, or plain old-fashioned text. He can also share his notes with classmates and discuss challenging topics, all right in this free app. It also helps students keep track of complex schedules, and can alert users when homework assignments are due — a plus for any student who struggles with working memory and prioritization.

## READER RECOMMENDATION

*“I have used **ABCMouse.com** with my younger two children, who greatly enjoy this application. Their hand-eye coordination has developed far faster than their older brothers' had at the same age.”*

## CHAPTER 8 Homework & Schoolwork

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“The **inClass** app records the lecture while the student is taking notes on the device, in the app, and the notes and audio are synched so they can easily tap their notes where they are unclear and listen to that portion of the audio.” — **ADDitude** reader

### 3. Flashcards Deluxe

Quiz yourself anytime, anywhere

\$3.99

iOS, Android, Amazon

<http://orangeorapple.com/Flashcards/>

Anyone who struggles with working memory will love this user-friendly flashcard app that’s infinitely customizable — and easy to use. Create your own flashcards, or download pre-made sets from a library of more than 4 million collections. Then program **Flashcards Deluxe** to focus on the cards you’re stumbling over or remove cards from the rotation once you’ve mastered them.

### 4. StudyBlue

Practice tests – but smarter

Free to start; \$18.99/month or \$79.99/year

iOS, Android, Web

<https://www.studyblue.com/>

**StudyBlue** is the ultimate study app. With its myriad study modes, it can help your child take practice quizzes, review worksheets, or flip through flashcards. The app also boasts a built-in content library so your child can search related material and learn more about any topic. Create an account to access StudyBlue anywhere, making it perfect for a dedicated night of work or a quick review session on the way to school.

#### READER RECOMMENDATION

*“My children use Quizlet for exams and bibliographies for papers. They help a lot for reviewing already covered information, and for reducing the tedium of writing accurate bibliographies.”*

## CHAPTER 8 Homework & Schoolwork

### 5. Popplet

Outlining made intuitive

\$4.99

iOS

<http://popplet.com/>

For visual learners, traditional outlining techniques for essays or large projects seldom work. Enter **Popplet**, the brainstorming app built for people who need to see and touch their ideas. Your child can make mind maps, diagrams, or “mood boards” — anything that helps her organize her thoughts in a more cohesive way. The simple interface keeps up with her racing brain, making outlining essays and projects much quicker and more intuitive.

### 6. Documents To Go

Microsoft Office on your tablet

\$16.99

iOS, Android, Amazon, Mac, PC

[http://www.dataviz.com/dtg\\_home.html](http://www.dataviz.com/dtg_home.html)

Does your child struggle to sit still at the computer while typing up a long book report? Does he prefer to do his work sitting under the table or laying on the floor? Now you can bring the book report to him — wherever he works best — with **Documents To Go!** Any Word, Excel, PowerPoint, or PDF file can be transferred to your tablet, so your kid can work on his homework wherever he feels most productive.

### 7. iRewardChart

Sweet, sweet motivation

*Free for basic version; \$3.99 for Premium*

iOS, Android, Amazon, Windows

<http://irewardchart.com/>

Children with ADHD often struggle with motivation — particularly when it comes to homework, a challenging task for which there often is no inherent reward. Now, parents can use **iRewardChart** to give their child that extra boost needed to stay on top of homework or other challenging chores. Input your child’s goals into the app, track his progress, and help

#### TOP 5 HOMEWORK FRUSTRATIONS

**Is your child a Rushing Ryan? Or a Distractible David? Learn how to overcome common homework challenges at <http://additu.de/frustrations>**

## CHAPTER 8 Homework & Schoolwork

him earn stars toward personalized rewards. You can tailor the rewards to your child's unique interests, and the fun visual interface of the app will keep him engaged — and keep his motivation up.

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“I just started using the free app **iRewardsChart**, which is a rewards chart that you customize for your own needs. We are focusing on grade improvement using points earned for doing in-class work, handing in work, doing homework on time, and being respectful at school.”  
— **B.L.**

### 8. 30/30

Chunk up the tough stuff

*Free; Can purchase additional icons*

iOS

<http://3030.binaryhammer.com/>

Is it a timer? Yes. Is it a to-do list? Yes. Can you save lists and does it sync across your iOS devices? Yes and yes! **30/30** is a great little app, with an appealing gesture-based interface that kids love. The app's simple design allows your child to break up homework into manageable chunks by setting up a list of tasks and an amount of time needed for each one. Your child can use it to check in and easily figure out what she's supposed to be doing and how much time she needs to do it.

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“My 13-year-old son uses the **30/30** app in his homeschooling. The visual aid of seeing the time pass helps him stay on track and not keep checking on how much time is left on a task.” — **Maureen M.**

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“**30/30** has been a life changer for me. It allows me to make categories in my life like errands, honey-do projects, cleaning the apartment. Then, within the category, I can create simple short tasks with durations, like straighten living room: 5 minutes. When I am working in a category, the first item on the list of tasks comes up and I turn on its timer. Trying to beat the clock keeps my inattentive nature focused.”  
— **ADDitude reader**

### STUDY SMARTER

Help your child review important information without cramming, at <http://additu.de/ii>



## CHAPTER 8 Homework & Schoolwork

### 9. Boximize

Templates for taking notes

\$8.99

iOS

<http://boximize.com/>

This time-saving app simplifies and improves the process of taking accurate notes. Kids choose from a selection of pre-made templates including “Events,” “Notes,” and “Exercise Log.” Then, instead of writing a free-form note, they fill in fields like “location,” “list of items,” and “audio notes.” They can customize templates or create their own from scratch. More than merely a stack-of-paper-notes-gone-digital, **Boximize**’s simple interface allows the easily searchable notes to comprise a “personal database.”

### 10. Snapguide

Whatever it is, learn it

Free

iOS

<https://snapguide.com/>

This app offers do-it-yourself guides for a variety of tasks and projects, complete with pictures, videos, and instructions generated by users from around the world. Students may search for specific guides, browse interesting categories, or craft their own guides for others to use. **Snapguide** is helpful for any child who wants to build a diorama, fix her bike, make a movie, or learn to tie a bowline knot.

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“**Snapguide** is a site that’s useful to those of us who have trouble following written directions, like recipes.” — **ADDitude** reader

#### READER RECOMMENDATION

*“Match10 is great. My son introduced me to it, and I got hooked too!”*

# The Forgotten Apps

Google offers a suite of apps and extensions for its Chrome browser that promise to change the way students and non-students alike use the web, create documents, and manage time.

by Janet DeSenzo

Based on ADDitude's 2016 [assistive technologies webinar](#)

Many school districts in the United States are becoming [Google Apps for Education](#) districts. What this means is that, on their school-issued or home-provided Chromebooks, the schools are giving students access to a suite of free productivity tools for classroom collaboration. Included in this suite are standard tools like Google Docs, Gmail, and Google Calendar, as well as education-specific apps including the following:

- [Classroom](#): A digital mission control where teachers can create classes, distribute assignments, send feedback, and more.
- Google Hangouts: A virtual meeting program that allows participants to see each other in real time, share their screens, and chat as a group.
- [Sites](#): A way to create fast, easy web sites for special projects or classes.

Anyone with a Gmail account has access to all of these tools already — and might not even know about it. To begin browsing, visit the [Chrome Web Store](#). There, you will find apps very similar to the tools you use in Microsoft Office. If you're used to using Microsoft Outlook, Google's equivalent is the omnipresent Gmail. If you're familiar with PowerPoint, Google uses something called Google Slides. For Excel users, Google has Google Sheets.

The real beauty of this is that whenever you use one of these tools, your work is saved by default to Google Drive, which is cloud-based. That means it is saved on servers outside of your device. So if something happens to your computer — if it crashes, if you leave your device at school, or if your battery dies — you can still get

to all of these tools on any other device using the Chrome browser. For forgetful ADHDers in particular, Google Drive can be a lifesaver.

In addition to apps, the Google Chrome Store also carries thousands of extensions, which are mini programs that work along with whatever website you have open. These live right in your Chrome browser window, beside the web site address. Here are a few of our favorite extensions:

1. **Readability:** This is a great tool for folks who are easily distracted by too much information on the screen. Just click the extension's little icon in your browser and it will strip out all of the ads in the right and left columns, as well as other "clutter," for a more comfortable reading view. It also lets you save articles for reading later, tag articles to keep them organized, and send articles to your Kindle.
2. **SpeakIt!:** This is a powerful speech-to-text extension for folks who have trouble focusing on reading silently. Any text that you can select in a website, SpeakIt! will read it aloud.
3. **Timer:** If you're really trying to exercise some self-discipline and stay focused for a certain amount of time, you can turn on this timer extension and set it for 5 or 10 minutes. A little box pops up underneath the clock to show you how much time is left for your task.
4. **Strict Workflow:** This is a focus tool that locks you out of certain websites and, therefore, forces you to stay on task (as long as you're using the Chrome web browser). Let's say, for example, your student is trying to work on a research paper and they think, "I need to just quickly check my Twitter." Strict Workflow allows you to blacklist certain websites (like Twitter) for a specific amount of time.

The tool comes preloaded with Facebook, Twitter, Reddit and other websites that are commonly seen as huge distractions and it forces you to lock those websites out for 25 minutes. Why? According to the Pomodoro Technique, 25 minutes is the perfect amount of time for staying focused. After those 25 minutes are up, it releases those websites and it shows you a little announcement that says, "Your time is up now. Take a 5-minute break." If you do try to go to those websites while you have a tab open and the timer is counting down, it will say, "Get back to work. Stay focused. This website is blocked."

Finally, I would highly recommend **Voice Typing**, which is the voice recognition technology built in to all Google Docs. If you have a child who needs to write an

essay — or even just a paragraph! — and you know they struggle with typing, this may be something to look into.

To activate Voice Typing, open a Google Doc and visit the Tools pull-down menu to turn on the microphone for Voice Typing. It will ask, “Can I have permission to use your microphone?” Click “Allow,” then start speaking; it will type out everything you say. It’s highly accurate for a technology that doesn’t require any kind of voice training, so if you have a child who is very frustrated by keyboarding and can think and speak much faster than they can type, this is a great way to help them express their thoughts.

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## **CHAPTER 9**

# College Survival

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## Chapter 9: College Survival

Mobile apps designed to help your maturing student stay on top of schoolwork, juggle new responsibilities, and navigate her newfound independence.

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### 1. SelfControl

Because Facebook is hard to resist

*Free*

*Mac*

<http://selfcontrolapp.com/>

Without Mom or Dad hovering, more than one college student has gotten lost in the Internet for hours at a time — even when there are essays to be written and books to be read. **SelfControl**, a free Mac application, is great for anyone easily distracted by Facebook or Twitter during homework or study time. SelfControl allows you to block tempting websites for a predetermined amount of time. It's great for keeping yourself on track, even if you have poor impulse control — even if you restart the device or delete the app, you still won't be able to access the sites until the time is up!

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“**SelfControl** does a more subtle version of the same thing as the app Freedom. It was great for working on my dissertation, because I could access certain research sites, but nothing else.” — **ADDitude** reader

### 2. I Can't Wake Up!

You need it, but you'll hate it

*Free*

*Android*

<http://kogcreations.com/>

In college, no one is there to pull back the covers if you sleep through all your alarms, especially when varying class schedules require your ADHD brain to be alert at 10:00 one day and 7:00 the next! **I Can't Wake Up!** is an Android application that forces your brain to start working the second your alarm goes off — making it harder for you to sleep through important

#### APPLICATION ANXIETY

**Help your teen manage stress and get into the college of her dreams!**

Learn more at <http://additude/apply>

## CHAPTER 9 College Survival

lectures. You have to do eight wake-up tasks before the alarm is silenced, and a tricky “Awake Test” checks in on you a few minutes later to make sure you’re still up. The app features customizable sounds and a Smooth Wake Up function: the volume and brightness increase slowly, so you’re not rudely jolted from your snooze.

### 3. EpicWin

#winning at life

\$1.99

iOS

<https://itunes.apple.com/us/app/epicwin/id372927221>

**EpicWin** is a cross between a digital organizer and a role-playing video game that transforms your daily homework pile into a pile of fun! Choose an avatar that appeals to you, then select a task to accomplish. As tasks are completed, players pick up points, “treasures,” and loot. The video-game elements appeal to the ADHD brain and motivate you to keep going, particularly if you have a competitive streak.

### 4. EasyBib

Bibliographies, without the anguish

Free

iOS, Android

<http://www.easybib.com/>

The **EasyBib** app simplifies the process of citing sources in college papers by generating perfect and accurate citations in MLA, APA, Chicago, or Harvard style — plus 7,000 more we’ve scarcely heard of. The app is easy to use: either input the info yourself, search by title, or scan the book barcode. Email the sources to yourself or insert them directly into your paper, so you can spend less time worrying about your bibliography, and more time on what’s really important.

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“My oldest, though only 11, has used this application as part of his 4H project. It has been extremely helpful in figuring out how to cite edited books, compilations, and other sources without a single author.”

— **ADDitude** reader

### COLLEGE SURVIVAL GUIDE

For more tools and tips for getting through college with ADHD, check out our resource center at <http://additu.de/college>

## CHAPTER 9 College Survival

### 5. To Bed

It knows what's good for you

*Free*

*iOS*

<https://itunes.apple.com/us/app/to-bed/id681433010>

It's 1 a.m. and you're hyperfocused on a BuzzFeed quiz when you should be sleeping. Sound familiar? Sometimes drifting off isn't the problem, it's the getting to bed part that trips you up. That's where **To Bed** comes in. Based on information about your age and wake-up times, To Bed reminds you when you should start preparing to hit the sack. Sometimes a friendly reminder is all it takes to break that hyperfocus.

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"I've only just started using this, but it helps me to be more aware of time. I can stay up way too late if I don't pay attention to what time it is." — **ADDitude** reader

### 6. Forest

The strongest tree wins

*\$1.99*

*iOS, Android*

<http://www.forestapp.cc/>

**Forest** is an app that helps students stay off their phones when schoolwork must come first. Here's how it works: When you want to concentrate, you plant a seed in Forest. Over the next 30 minutes, this small seed will grow into a large tree; however, if you can't resist the temptation to watch a YouTube video or play a game on your phone, your lovely little tree will wither away. If you need a little extra motivation to keep your trees alive and well, you can compete with your Facebook friends to see who can maintain focus the longest.

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"**Forest** allows my high schooler to set a timer on her phone for studying without interruption. A tree 'grows' while the timer is going, but if she interrupts her work to answer a tempting text, phone call, Instagram post, etc., the tree dies. She can view her daily 'orchard' to see how many blossoming trees (versus how many dead trees) she has earned. The app has additional motivating perks that allow the user

#### EXPERT WEBINAR

Listen to the recording of "The College Transition," with expert Theresa Maitland, Ph.D., at <http://additu.de/college-transition>



## CHAPTER 9 College Survival

to accumulate time and ‘buy’ other types of trees, too. The app helps with impulsive behavior and lets our teen create doable study/focus periods. It gives her control and feedback. She is very proud to display her orchard, especially when she has demanding days of study for midterms and finals.” — **cr2**

### 7. Pocket

Save it for later

Free

iOS, Android, Web

<https://getpocket.com/>

When completing schoolwork online, it’s easy to follow a catchy headline down a rabbit hole and suddenly lose half a day. To avoid this trap, use **Pocket** to save that cute bunny video or sports recap until you have a scheduled break. Store links, videos, and more from your browser, Twitter, or Facebook feed to keep your day on track without missing out on the funniest meme ever.

### 8. Sunrise

Impossible-to-ignore time reminders

Free

iOS, Android, Mac

<https://calendar.sunrise.am/>

People with ADHD experience time differently than do their neurotypical peers. In college, this means losing track of hours, missing deadlines, or completing tasks out of order. Stay on schedule and be where you need to be, when you need to be there with **Sunrise**, a beautifully-designed calendar app that syncs with your Google calendar and interfaces with Facebook, Evernote, and more. With Sunrise, everything you need to do in one easy-to-view place.

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“I love **Sunrise**. My entire family uses it for school and personal activities. We can’t live without it!” — **ADDitude reader**

### READER RECOMMENDATION

*“Roboform keeps all my passwords and auto-fills them in webpages and programs. I only have to remember one master password!”*

## CHAPTER 9 College Survival

### 9. Humin

Never forget another name

*Free*

*iOS, Android*

<https://humin.com/products/humin>

College is a time for meeting people, making new friends, and expanding social horizons. But when you're meeting a potential new best friend every day, it can be hard to remember who is who — especially if you have ADHD and struggle with working memory. Now, **Humin** is here to keep track of contacts in a way that makes sense to your ADHD brain. Categorize the people you talk to with searchable notes like, “Met during Welcome Week” or “From Nebraska” — so next time Madelyn texts you you'll know exactly who it is.

### 10. Eidetic

For those of us without photographic memories

*Free for basic version; \$2.99 for Pro*

*iOS*

<http://eideticapp.com/>

Add vital information to your long-term memory — and study smarter than ever — using **Eidetic**. This app uses a technique called “spaced repetition” to help you memorize anything in your chosen timeframe. Unlike other brain-training apps, Eidetic helps you memorize items that have real meaning and context in your own life. The app is perfect for college students who need help memorizing facts for exams, or for simply remembering new names and phone numbers.

## More **ADDitude** Special Reports Available Now

[www.adhdreports.com](http://www.adhdreports.com)

### Getting Things Done with Adult ADHD

**Comprehensive strategies for everything from managing to-do lists to overcoming ADHD-related procrastination.**

You're not lazy, selfish, or apathetic — you have ADHD, a condition that causes problems with executive functions like planning, decision-making, and hitting deadlines. In order to overcome your deficit and manage day-to-day tasks productively, you need strategies that make sense to you — not the rest of the world. This eBook provides just that: ADHD-tested time-management plans that don't try to shove square pegs into round holes.

>> Learn more about this special report: <http://additu.de/productive>

### ADHD Medication and Treatment

**The latest information on managing medication, starting behavior therapy, evaluating alternative treatments, and more.**

You're relieved to know, finally, that your or your child's symptoms are due to ADHD. But now, you have questions — on everything from which medications are available to how to tell if they're working properly. In this comprehensive special report, you'll learn how to seek an accurate diagnosis and plan a treatment plan that's right for you or your child.

>> Learn more about this special report: <http://additu.de/treatment>

### Mindfulness and Other Natural Treatments

**The best non-medical treatments for ADHD, including exercise, green time, and mindful meditation.**

Learn how mindfulness works on ADHD brains, and how to begin practicing it today. Plus, research the benefits of other alternative treatments like yoga and deep breathing exercises — including some designed especially for kids — as well as the science behind each natural therapy.

>> Learn more about this special report: <http://additu.de/mindfulness>

## More **ADDitude** Downloadable Booklets

### Brain-Building Video and Computer Games Kids Love

Help your gamer pick programs that boost attention and executive skills.

### The Daily Routine that Works for Adults with ADHD

Build a system that keeps your day humming along

### Self-Test for Women: Do I Have ADHD?

ADHD looks different across genders. Find out if you (or your daughter) are showing signs.

### 14 Ways to Help Your Child Make Friends

Build your child's social skills with these easy-to-use tips.

### Is It Adult ADHD?

Habitually disorganized? Always running late? It could be ADHD.

### Smart Comebacks

Witty responses to ADHD doubters.

### It's Not ADHD

Doctors are sometimes too quick to diagnose ADHD. Read up on common misdiagnoses.

### Find these and many more free ADHD resources online at:

<http://additu.de/freedownloads>

# FREE ADHD Webinar Replays from ADDitude:

## Download This! Assistive Technology for Teens with ADHD

>> <http://additu.de/assistive>

Young adults today are overbooked. They juggle more academic demands, extracurricular activities, after-school jobs, and social and family responsibilities than any generation had before. Add ADHD to that mix, and it's no wonder our kids benefit so hugely from technology tools and strategies designed to keep them focused, organized, and on-task.

## Neurofeedback and Cognitive Training for ADHD Kids

>> <http://additu.de/neuro>

Is brain training — including neurofeedback and cognitive training (CT) — really all it's cracked up to be? Is it safe for kids? Is it worth the money? Naomi Steiner, M.D., shares the research behind some computer-based alternative therapies so you can make an informed decision before treating your child.

## Beyond Minecraft: The Best Games & Apps for ADHD or LD

>> <http://additu.de/play-diet>

In many ADHD households, Minecraft is more than a hobby; it's an obsession. And while anything in excess is worrisome, the game itself can help to build executive function skills, processing speeds, and working memory — if used in conjunction with a balanced play “diet.” But Minecraft is not the only tool at your disposal — learn what other games can help your child build skills!

## 7 Fixes for Self-Defeating ADHD Behaviors

>> <http://additu.de/brown>

Are your bad habits setting you up for failure? Find out what behaviors to watch for, and seven simple changes that can help you reach your full potential and put you on the path to success. Entrepreneur and ADHD coach Alan Brown teaches “fix-it” strategies that he used to cope with his own ADHD.

## We're Engaged! How to Turn Your Boredom Into Action

>> <http://additu.de/boredom>

ADHD brains are forever seeking physical or mental stimulation. When you're bored, it can literally sap your motivation to continue. Learn how to avoid the pitfalls of boredom, boost your executive functions, and keep your mind focused and productive with this expert webinar from Jeff Copper!

## FREE ADHD Newsletters from ADDitude

**Sign up to receive critical news and information about ADHD diagnosis and treatment, plus strategies for school, parenting, and living better with ADHD:**

<http://additu.de/email>

### Adult ADHD and LD

Expert advice on managing your household, time, money, career, and relationships

### Parenting Children with ADHD or LD

Behavior and discipline, time management, disorganization, making friends, and more critical strategies for parents

### ADHD and LD at School

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more

### Treating ADHD

Treatment options including medications, food, supplements, brain training, mindfulness and other alternative therapies

**Find these and many more free ADHD resources online at:**

<http://additu.de/freedownloads>